



20th National Disabled Veterans  
**Winter Sports Clinic**



Snowmass, Colorado ★ April 2 – April 7, 2006



Volume 20, No. 3

Tuesday, April 4, 2006

## Buddy Hayes – New Clinic Participant Is “Differently-Abled”

**B**uddy Hayes is a first-time participant at the Winter Sports Clinic. A resident of Chesapeake, Va., she is not fond of the word *disabled*. “What positive word do you know in the English language that begins with ‘dis?’” she asked. “I consider myself *differently-abled*, not disabled – nobody is going to ‘dis’ me!” Diagnosed with multiple sclerosis (MS) almost three years ago, Hayes has an infectiously enthusiastic spirit and makes it her mission to help others.

Serving as a heavy equipment operator in the Army from 1977-79, Hayes later worked as a certified therapeutic recreation specialist for 15 years, a position, she says now, that prepared her for her own future. In 2002, she became ill and spent a long time in the hospital. A few months later, she was diagnosed with MS. According to Hayes, “I went from fully functioning to not functioning at all.”



Only a month after leaving the hospital, Hayes accepted a dare from her own recreation therapist to try a one-mile wheelchair race. “When I showed up for my first race, I thought I would never make it. I was the only

wheelchair racer in the entire competition, but once I finished, I was hooked on the thrill of competition.” Since then, she has competed in a number of half and full marathons, claiming first place in all and raising thousands of dollars for leukemia lymphoma, MS research and other causes. “I don’t race to win, I race to stay healthy. I may not be able to come up with cures for these awful diseases, but I am able to wheel my wheelchair to do my part.”

This week, Hayes took on a new challenge: learning to ski the Rocky

**I** consider myself differently-abled, not disabled – nobody is going to ‘dis’ me!

Mountains. “I’ve always been extremely competitive,” she said. “I’ve never skied before but I was definitely up for a new challenge.” A member of the Wildcat team, Hayes has looked forward to being around so many other veterans and learning a new sport. “Even though I am a wheelchair racer



Buddy Hayes of Chesapeake, Va., takes a break from a day of outdoor activities and hugs her two-and-a-half-year-old Golden Retriever, Ellie.

and do long distance races, this is something new for me. I have a need for speed, so skiing seemed like the perfect fit. I’ve looked forward to getting out of my chair and into a mono-ski and feeling free as I fly down the hill. I hope that I’ve gained some skills here that I can build on when I come back next year!”

Besides enjoying the athletic and physical aspects of the Clinic, Hayes believes that events like this help boost self-esteem. “Activities like the Clinic empower people, and taking a huge step like this helps people take much bigger steps in their lives outside athletics.”

## Blind skier brings inspiration to the mountainside

Once again, as an inspiration to other blind skiers, the “Spiderman” challenges the slopes of Snowmass. Urban Miyares, who lost his sight in 1984, earned his nickname during his therapy at VA’s Blind Rehabilitation Center in Palo Alto, Calif.

“I used my hands to feel the walls in order to navigate around the center,” said Miyares, who attended the first National Disabled Veterans Winter Sports Clinic in 1987.

He heard about the adaptive ski program for veterans during his rehabilitation period and that’s all it took. “I’ll do it,” he said. “I’ll go – where do I sign up?”

Miyares, 58, from San Diego, fell a lot the first day, and was so frustrated he wanted to go home. In addition to being blind, he suffers nerve damage and feels nothing from the waist down. He said the combination of blindness and loss of balance seemed insurmountable until he realized he needed two things to be able to ski – a guide who would see for him, and a set of outriggers to help him with his balance.

“A blind skier must have complete confidence in timing and direction as he or she plummets down the mountain guided only by the instructor’s voice,” said Russell Attema, a ski instructor at the Clinic who partnered with Miyares in 1992. “We’ve skied together off-and-on ever since.”

Attema, 54, of Denver, said guiding a blind person requires tremendous concentration.

“You must be focused on a number of different things all at the same time,” said Attema, an avid skier for 48 years. “You’ve got to be aware of the terrain, direction and speed, as well as where other skiers are in relation to the person you’re guiding.”

Miyares, a recipient of the Presidential “Points of Light” award and president of the Disabled Businesspersons Association in San Diego, returns to the National Disabled Veterans Winter Sports Clinic to give hope to other blind skiers. And each year, everyone hears the story of how the “Spiderman” fell all the time when he first started and wanted to go home. Now, of course, he’s glad he didn’t.

His life changed dramatically when he became involved in another special program for the disabled in 1990, and organized a competitive team of disabled and able-bodied sailors called Challenged America.

The crew consists of five able-bodied and five disabled sailors and has raced to Hawaii from Los Angeles in the past two Transpacific Yacht Races as a member of the history making Challenged America Team.

NOTE: Urban Miyares is conducting an educational workshop titled “If You Can Breathe, You Can Sail,” tonight from 7:30 to 9 p.m. in the Kearns Room at the conference center.



Urban “Spiderman” Miyares (right) and his instructor, Russell Attema, are shown in a vintage Clinic photo. (Date unknown.)

### Receive Healing at Sacred Hot Springs

Are you ready for a time of healing and rejuvenation? If so, this trip is for you.

The Yampah Hot Springs are located in Glenwood Springs and have been considered a sacred healing spot by the Ute Indians for hundreds of years. The springs feed the world’s largest outdoor mineral pool with 3.5 million gallons of hot, mineral rich water a day.

The Hot Springs Lodge & Pool represents the perfect blend of the past and present. Clean and modern shower facilities and a state-of-the-art, ozone pool purification system maximize your enjoyment as you relax in spring waters that continuously rise from deep in the earth.

The bus leaves from the circle in front of the conference center on Monday – Thursday at 8:30 a.m. and returns at 4 p.m.



Hot Springs in Glenwood Springs

# History of the Clinic Quiz

Think you know your National Disabled Veterans Winter Sports Clinic history? Test your knowledge by taking the Clinic History Quiz featured in each day's *SkiGram* this week. Submit an entry form with the most correct answers and you will win a prize!

Quiz entry forms will be located in the conference center ballroom where meals are served, or you can pick one up in the Media Center, located in the Erickson Room in the conference center. Drop your entry in the box located outside the Media Center. All forms must be submitted by 11 a.m. each day to qualify, and the form with the most correct answers wins. Winners (and correct answers) will be announced in the next day's newsletter. So come on, history buffs, put on those thinking caps and see how much you know about the National Disabled Veterans Winter Sports Clinic!

1. How does the National Disabled Veterans Winter Sports Clinic compare in size with other disabled learn-to-ski clinics?
2. Which of the following agencies/groups is a sponsor/supporter of the Clinic? (Check all that apply.)
  - A. U.S. Secret Service
  - B. U.S. Disabled Ski Team
  - C. Help Hospitalized Veterans
  - D. Disabled American Veterans
  - E. Department of Veterans Affairs
  - F. Challenge Aspen
3. Which of the following Colorado sites have hosted the National Disabled Veterans Winter Sports Clinic? (Check all that apply.)
  - A. Snowmass Village Resort
  - B. Breckenridge
  - C. Powderhorn Resort
  - D. Steamboat
  - E. Vail
  - F. Crested Butte Mountain Resort
4. What year did DAV come on board as the co-sponsor of the Clinic?

**Yesterday's winners were: William Thayer and William Dixon**

**Come by the Media Center to pick up your prize!**

Yesterday's quiz answers:

1. The largest Clinic was in 2001 when 351 veterans attended at Snowmass Village.
2. Yes. There is one veteran, Clinton Hale from Mary Ester, Fla., who has attended all 20 Clinics.
3. The number 87 is key here. The first Clinic was held in 1987 at Powderhorn Mountain, Colo. There were 87 veterans (and 20 staff members) who attended.
4. The theme for the Clinic is: "Miracles on a Mountainside."

## Let the Good Times Roll at Tonight's Instructor Appreciation Party

Each year, to show our appreciation for our wonderful instructors at the Winter Sports Clinic, we throw them a party!



There is no cost for instructors, but there is a \$5 entry fee for all others. Come join the fun and thank all of our wonderful instructors!

The party is tonight from 8 p.m. to midnight in the convention center ballroom.

Music by "Take the Wheel," entertainment, liquid libations, camaraderie and fun are all on tonight's program. See you there!



*As VA celebrates its 75<sup>th</sup> anniversary this year, here are today's historical facts.*

The Servicemen's Readjustment Act of 1944 (GI Bill of Rights) recognized VA "not only as an important post-war agency, but as an exceedingly important post-war agency." This legislation may be the greatest piece of social legislation in the 20<sup>th</sup> century because of the impact it made on the U.S. economy and lifestyles. It gave VA overall control of veterans affairs so that veterans have one central agency to ensure their rights. In that year, World War II veterans treated at VA hospitals rose from 5,132 to 13,707; from nine percent of patients at the beginning of the year to 21 percent at year's end.



## What's New in Snowmass Village



Veterans enjoy Sunday's "Taste of Snowmass" in Snowmass Village Mall.

Snowmass Village is a premier, year-round resort that features some of the most popular trails in the world. This year, a number of area attractions opened to include:

**The Village Express** six-passenger chairlift replaces the existing Fanny Hill chairlift with a speedy 9.5-minute ride to the top of Sam's Knob, with a mid-way unloading station to access beginner terrain. The lift cuts total riding time in half and eliminates waiting in two additional lift lines to access the same terrain!

**Sky Cab.** This fast aerial gondola link eventually will connect the existing Snowmass Village Mall to the forthcoming Base Village with a two-minute ride. This season the Sky Cab accesses beginner terrain on lower Fanny Hill and the children's learn-to-ski/snowboard programs.

**Zipline.** Strap yourself in for this thrilling adventure glide 1,000 feet down the mountain at controlled speeds up to 35 m.p.h.. Riders will soar 35 feet over the ground on this new ride which is located on Lower Blue Grouse and open daily

from 9 a.m. to 3:30 p.m. Snowmass' zipline is the only year-round zipline in Colorado and the only zipline in the world where skiers and boarders start off by skiing and then are picked up and wear their skis for the duration of the ride. At the end, they rappel down to the ground.

**The Snowmass Village Mall** offers a new gourmet food shop "Grain," a new gourmet takeout café called "Fuel," and hot new après-ski live music, beverages & ambiance on the new mall stage.

Mall music schedule for the rest of this week is:

6-Apr	Thurs.	Steven Karambay
7-Apr	Fri.	Seventh Hour
8-Apr	Sat.	Rocky Mountain Gumbo
9-Apr	Sun.	Kort McCumber

Snowmass Village welcomes the 20<sup>th</sup> National Disabled Veterans Winter Sports Clinic!

## Adaptive Golf and Fencing featured at Winter Sports Clinic

Adaptive golf is one of the newly-featured sports at the 20<sup>th</sup> National Disabled Veterans Winter Sports Clinic. The Clinic, which makes the distinction of a learning/teaching event rather than a competition, will feature wheelchair adaptive golf for participants who wish to try something different. "This is a basic course in adaptive golf for those who are interested or have a willingness to try something different," said Sandy Trombetta, director of the Winter Sports Clinic.

"We tried golf in the past but only a few participants were interested at that time. This year, Pat MacDonald, who has been active and enjoying golfing from a wheelchair, has agreed to instruct a course in adaptive golf. This event will be held at the Conference Center using feather-weight golf balls and a carpet for the green. The idea is not to develop a competitive

event, but to offer an event that can, if popular, be offered again in the future," said Trombetta.

A new feature event this year at the Clinic is wheelchair fencing. "I've seen this event before and the participants were thoroughly enjoying themselves," said Trombetta. Fencing is gaining popularity throughout the country as a sport. So, in the interest of continuing to offer exciting and therapeutic events, adaptive fencing has been incorporated at the Winter Sports Clinic. This event will also be held at the conference center," said Trombetta. He explained that in this event, the participants are suited in the traditional fence uniform complete with the electronic foil. They are placed in a competition square and at the signal, they incorporate the fencing moves for three minutes. This exciting sport offers a new venue for wheelchair participants at the Clinic.

Nearly 350 disabled veterans from across the country, including nearly 57 from Operation Iraqi Freedom and Operation Enduring Freedom, who are undergoing rehabilitation at military treatment facilities, are looking forward to the week's activities and the adaptive golf and fencing events.



Eric Cagle of Tucson, Ariz. practices his fencing skills with instructor Mario Rodriguez of Houston, Texas.



Veterans enjoy the opening ceremonies on Sunday evening.



VA Secretary Jim Nicholson skis the slopes in a sit-ski with the assistance of ski instructor Bobby Palm of Santa Fe, N.M. Instructor Chris Werhane of Santa Fe, N.M., is seen in back.



Monday morning staging area is filling with veterans preparing for their first day of skiing at the Clinic.



Veteran Tracy Jones from Atlanta, Ga. (center), is helped out of the water following his scuba lesson by volunteers Kima Hall and Susan Carruthers from Grand Junction, Colo.



Kenny Adams of Houston, Texas, climbs the rock wall.





## National Veterans Wheelchair Games Coming Up in Alaska!



Interested in signing up to compete in the 26<sup>th</sup> National Veterans Wheelchair Games taking place July 3-8, 2006, in

Anchorage? If you use a wheelchair to compete in sports, stop by to see Doug Beckley from the Paralyzed Veterans of America, who will be available during lunch in the conference center ballroom through Friday. He has applications and lots of information about the upcoming Games, which feature 15 different wheelchair sports – everything from basketball and softball to weightlifting, slalom and everything in between. Newly injured veterans of Operation Iraqi Freedom and Enduring Freedom may be eligible for special funding for themselves and a companion to attend the 2006 Games.



Continuing through Friday morning, the Department of Veterans Affairs and the Library of

Congress invite you to be part of an important national effort – The Veterans History Project (VHP). If you are new to the Clinic or have never before participated in the VHP, now is the time to do it!

The Veterans History Project honors our nation's veterans by creating a lasting legacy of their military experience. Regardless of branch or period of service, age, military career or experience, the VHP needs your story. By participating, you will help make history come alive. Interviews are taking place in the Janss Auditorium, on the second floor of the conference center, through Thursday from 8 a.m. to 5 p.m., and 8 a.m. to noon on Friday. Stop by to sign up for an appointment. If you should need to reschedule your appointment, please let the VHP team know right away.



### Benefits Counselors Available

Do you have questions about what VA benefits you are eligible for? Do you need to speak with someone? Check the booth in the conference center lobby today or Wednesday. VA benefits counselors are available to answer your questions.



For your reading pleasure...

## Zodi Yak

Preparer of horror-scopes and predictor of your future ....

### **Aquarius (Jan. 20- Feb. 19)**

Use your natural creativity to plan a unique surprise for your teammates. You are the one for the job.

### **Pisces (Feb. 20- March 20)**

Your instructors give you invaluable encouragement and unforgettable experiences at the Winter Sports Clinic. Express your appreciation at their party tonight.

### **Aries (March 21-April 19)**

Part of skiing is practicing the fine art of tumbling down the hill when you fall. Dust yourself off and try again!

### **Taurus (April 20-May 20)**

Give in, stubborn Bull! We know you are trying to fight your inner urge to build a snowman next to your snow angel.

### **Gemini (May 21-June 20)**

You've already conquered the slopes and your social side is bursting to tell all your friends. But don't party too hardy tonight; you'll regret it tomorrow!

### **Cancer (June 21- July 22)**

You change your mind frequently. Instead of "straddling the fence" today, try fencing instead!

### **Leo (July 23-Aug. 22)**

We love your enthusiasm, Leo! Have a great time tonight and show everyone in Snowmass what you're made of!

### **Virgo (Aug. 23- Sept. 22)**

You have accomplished so much already, Virgo. Take it easy today – rest those tired muscles in the Hot Springs.

### **Libra (Sept. 23-Oct. 23)**

You've always been smooth, Libra. Now take it to the ice. (The only question is: ice at the rink or ice in your drink?)

### **Scorpio (Oct. 24-Nov. 22)**

We knew we'd see you everywhere this week, but we didn't expect rock climbing, fencing and downhill skiing all in the same day!

### **Sagittarius (Nov. 23- Dec. 21)**

Don't spend time today on extraneous activities. Why are you reading this, anyway? Get out there and hit the slopes, snow bunny!

### **Capricorn (Dec. 22- Jan. 19)**

You are very ambitious, Capricorn. Set your goals high and you will delight in your achievements. (There are many delights here in Snowmass, after all.)



# Medical Assistance

## Bedford A Conference Room

A medical room is available each day during Clinic operation hours (from approximately 8 a.m.–9 p.m.) for non-emergent care. The Bedford A Conference Room is located one level below the mall, across the street from the Mountain Chalet Hotel. There is stairway access from the mall next to Christy Sports. For wheelchair access, please use the elevator above the main bus terminal (at the far end of the mall) to get to the medical room level.

## Transportation to Bedford A Conference Room

Van transportation is available from the Silver Tree Hotel to the Medical Room. Catch the medical van in front of the hotel, or call the Medical Room for transportation.

## After Hours Medical Help

Call the Medical Room for recorded instructions on how to contact the on-call medical provider, or dial the hotel operator.

## Medical Room Phone — (970) 923-8330

(extension 8330 on conference center phones)  
For life threatening emergencies, dial 911.



## Wheelchair & Prosthetic Repair

Conference Center, Sinclair Room  
6:30 a.m. to 8:45 a.m.  
11 a.m. to 1 p.m.  
4 p.m. to 5:30 p.m.

For assistance outside those hours, call:  
Wheelchair Repair (Don and Randy 300-8006)  
Prosthetic Repair (Chris at 300-8024)  
Please do not call after 6 p.m. unless it is an emergency.



6 - 7:30 p.m. - CEU Educational Workshop: “The Magic of ‘Rock n’ Roll’; Music in any Recreational Setting” — Presented by Cristal L. McGill, Ph.D., Kearns Room, Conference Center.

7:30 – 9 p.m. - CEU Educational Workshop: “Yoga: A powerful tool to use with veterans” – Presented by John C. Dozois, Kearns Room, Conference Center.



# The Menu for Today

## Tuesday’s Meal Schedule

Conference Center Ballroom  
6:30 to 8:45 a.m. Breakfast  
11 a.m. to 1 p.m. Lunch  
5 to 6:15 p.m. Dinner

### Breakfast Buffet

Fresh Sliced Fruit  
Oatmeal with Brown Sugar, Raisins, Sliced Bananas & Skim Milk in a Carafe  
Buttermilk, Cinnamon French Toast with Fresh Berries and Maple Syrup  
Bacon, Breakfast Sausage  
Home Fried Potatoes  
Scrambled Eggs with Salsa  
Fresh Ground Coffee, Decaffeinated Coffee, Herbal Teas, and Assorted Chilled Juice

### Lunch Buffet

Chicken Caesar Wraps  
Mushroom, Spinach, Peppers & Goat Cheese Wraps  
Cream of Tomato Soup  
Vegetable Sticks with Ranch Dip  
Cole Slaw, Potato Chips  
Brownies & Blondies

### Dinner Buffet

Meat Loaf, Pork Chops  
Green Bean Salad  
Potato Salad, Cabbage  
Chefs Choice Vegetable  
Rye Bread and Butter  
Fresh Ground Coffee, Decaffeinated Coffee  
Herbal Teas, Iced Tea

Complimentary massages are available by calling and scheduling an appointment. Massage is located in the Lower Level Lobby of the Silvertree Hotel in the Cabaret Room. Appointments can be made by calling (970) 361-6829.

## Complimentary Massages





# Today's Schedule

## Tuesday, April 4, 2006

6:30 – 8:30 a.m.	Breakfast: Conference Center Ballroom
7 – 8:30 a.m.	Yoga Warm Up: Max Park Room, Wildwood Lodge
8 – 11:30 a.m.	Snowmobiling: T Lazy 7 Ranch
8:15 – 11 a.m.	Sled Hockey: Aspen Ice Rink
8:30 - 11:30 a.m.	Skiing Downhill: Bonzai, Free Fall, Sheer Bliss
8:45 a.m. – 3 p.m.	Cross Country Skiing, Snowshoeing (Top of the Village, Lunch - Elks BBQ)
9 – 11 a.m.	Wheelchair Fencing: Conference Center Ballroom
9 – 11 a.m.	Scuba Diving: Pool, Silver Tree Hotel
9:30 a.m. – 4 p.m.	The Hot Springs, Glenwood Springs
10 a.m. – Noon	Rock-Climbing: Conference Center Circle
10:30 a.m. – 4 p.m.	Gondola Trip to Aspen, Lunch at Elks Lodge
10:30 a.m. – 4 p.m.	Shooting Sports/Archery: Basalt Trap Club
11:15 a.m. – 1 p.m.	Lunch: Conference Center Ballroom
12:30 – 3:30 p.m.	Skiing Downhill: Grey Wolf, Naked Lady, Sunnyside
1 – 3 p.m.	Rock-Climbing: Conference Center Circle
1:30 – 3 p.m.	CEU Educational Workshop: “Assistance Dogs in your Life” Kearns Room, Conference Center Presented by Michael Sergeant
1:30 – 3:30 p.m.	Adaptive Golf: Conference Center Ballroom
2 – 4 p.m.	Scuba Diving: Pool, Silver Tree Hotel
3 – 4:30 p.m.	Yoga Cool Down: Max Park Room, Wildwood Lodge
4:30 – 5:15 p.m.	Ski Instructor Meeting: El Dorado Room, Silver Tree Hotel
4:30 p.m.	Team Leader Meeting: Stonebridge Inn, Council Room
5 p.m.	Coaches’ Meeting: Max Park Room Wildwood Hotel
5 – 6:15 p.m.	Dinner: Conference Center Ballroom
6 – 7:30 p.m.	CEU Educational Workshop: “Behind Closed Doors: Secrets of facilitating Effective Activities” Kearns Room, Conference Center Presented by Cristal L. McGill, Ph.D.
7:30 – 9 p.m.	CEU Educational Workshop: “If you breathe, You can sail” Kearns Room, Conference Center Presented by Urban Miyares
8 p.m. – Midnight	Instructor Appreciation Party: Conference Center Ballroom with “Take the Wheel”



The Public Affairs Team will be preparing news releases, writing articles for the daily

*SkiGram*, and working with both local and national media to publicize the events of this week.

If you have ideas for news stories, photographs or something you’d like to see in the *SkiGram*, please stop by the Media Center located in the Erickson Room of the convention center. We’d love to hear from you!

### SkiGram on the Web



Share this newsletter (in full color) with your friends and family. It is located on the Web at:

[www.wintersportsclinic.org](http://www.wintersportsclinic.org)

If you have misplaced an item, check Lost and Found located in the Sinclair Room (Host Room).



### Yoga Sessions

Prepare yourself for your day on the slopes at the daily warm-up and cool-down yoga sessions held Monday through Thursday. Sessions will be held at 7–8:30 a.m. and 3–4:30 p.m. in the Max Park Room at the Wildwood Lodge. Come to yoga and work on those forward bends!



### Snowmass Weather Forecast

**Partly Sunny**  
**Low 33° – High 59°**